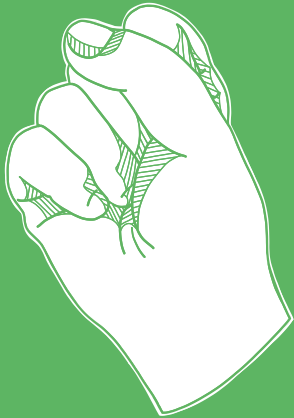




SOURCES OF STRENGTH



VIRTUAL GAMES APPENDIX

Rationale

The majority of the games in this document were developed to be played virtually, one participant per computer, with access to a web camera.

We believe that play is an essential way to learn, connect, create, and build trust alongside others. At Sources, we aim to celebrate our strengths, and one way we do that is through play. Play fosters connection and relationships and helps break down barriers among social groups in a low-risk setting. Games can also make anyone feel like a champion, regardless of ability. For more games, check out sourcesofstrength.org

BOB ROSS OR BUST

Time: 10-15 minutes

Group Size: Medium

Tech: Slide Share

Participant Supplies: Markers, colored pencils, or other writing utensils and blank paper

Facilitator Supplies: Digital whiteboard, or Google Slide/piece of paper with prepared “scribbles.”

Overview: All participants will work to creatively turn a scribble into a masterpiece.

Directions:

1. Select a participant to be the Scribbler. They will create a scribble on the whiteboard (or other digital drawing space) of your meeting platform. Using their mouse, have them scribble a little something onto the screen - one long curvy line, a circle on one side and then a squiggle on the other side, whatever comes out of the mouse, it doesn't matter!

- If that seems a bit tough use our slide deck with our [pre-prepared images](#).
2. The remaining participants will place their paper against the computer screen and trace or simply replicate the scribble onto their paper.
 - Those on external digital screens like iPhones and iPads can screenshot and edit the scribble, using their application of choice.
 3. Once participants have copied the image, they will have three minutes to turn the scribble into a full drawing.
 4. When time is up, have participants share what they came up with for laughs!

Adaptations:

Larger groups can text or email submit their drawings to the facilitator to be displayed in slides or screen share.

VIRTUAL GAMES APPENDIX

CATEGORIES

Time: 5-15 minutes

Group Size: Small, Medium

Tech: None

Participant Supplies: Computer and web camera

Facilitator Supplies: List of Categories, computer and web camera

Overview: The objective of the game is to come up with additional items that fall within a category in rapid succession without getting eliminated. Participants are eliminated by repeating an answer or not coming up with a new word in the allotted time.

Directions:

1. Choose a category that the group agrees upon (see ideas below or create your own).
 - **Example:** Cereal, Colors, Sports, Animals, Things with Wheels, Vegetables, Movies Starring Actors Named Will, Bands, Countries, etc.
2. Choose a person to begin and an order of people to follow (list the order in the chat).
3. Begin with the first person and continue in the same order.
4. Each participant will have two to three seconds to come up with an answer that corresponds with the chosen category.
5. If the time runs out or they state an answer that has already been stated, then they are out.
 - With larger groups, use a “three strikes you’re out” model instead of sudden elimination (this will keep the game moving and allow more people to continually be engaged).
6. Start a new round with the same category or pick a new category.

Adaptations:

Make it a singing game. “Think of a song with the word ‘rain’ in the title/lyrics.” Everyone has a turn to come up with a new song featuring that word and sing a few bars to proceed to the next round. If every participant contributes, you advance as a group to the next “lyric.”

COPYCAT COMMOTION

Time: 5-15 minutes

Group Size: Any

Tech: Slide Share

Participant Supplies: Computer and web camera

Facilitator Supplies: Images of historical portraits, celebrities, or pop-culture moments in time

Overview: Participants quickly recreate an image using items found nearby.

Directions:

1. Prepare a group of historic or popular culture images based on your group interest
 - **Example:** Mona Lisa, Girl with the Pearl Earring, Heart Eyes Emoji, the Moon Landing, etc. [Consider these!](#)
2. Share an image and give a limited amount of time to search for household items to recreate the image.
3. Count down and when time runs out take a screenshot of the gallery view(s) to be displayed and/or voted on.
4. Vary time limits per image to keep the game lively and interesting while considering the complexity of the image.
5. Continue play as desired with the primary goal being laughter, movement, and participation rather than diligent focus on competition or outcomes.

GROUP CHARADES

Time: 10-15 minutes

Group Size: Medium

Tech: None

Participant Supplies: Computer and web camera

Facilitator Supplies: Charades Prompts

Overview: Participants face off to see who can guess what the full group is silently acting out in a competition of movement, guessing, and laughter!

Directions:

1. Facilitator will write down 10-20 charades prompts on handwritten note cards. They can be anything from Strength-focused items like Healthy Activities, to school mascots, other community-specific items, a chicken laying an

- egg, or a shooting star - you name it!
2. Explain to the group that you will select two or three participants to compete in each round. Explain that everyone will be muted except the competitors in each round.
 3. Once selected, competitors will unmute their microphones and close their eyes or look away while you show the remainder of the group a charades prompt. After the participants have all silently read the prompt, announce, "3, 2, 1, Charade!" for all participants to silently act out the prompt. The first to correctly guess what is being acted out is the winner!
 - Feel free to invite competitors to be the first to chat in their guesses if that works better for your group's needs.
 4. Repeat as time allows!

HEADS OR TAILS

Time: 5-10 minutes

Group Size: Any

Tech: None

Participant Supplies: Computer and web camera

Facilitator Supplies: Computer and web camera

Overview: A light-hearted competition of luck where participants hope to match the facilitator in a 50-50 game of chance.

Directions:

1. The goal is to match the facilitator in order to advance to the next round.
2. Participants will choose between showing "heads" or "tails" by putting their hands up for "heads" and their hands down for "tails" when signaled.
3. To begin, the facilitator turns off their web camera and counts down "3, 2, 1...SHOW!" On "show," all participants select "heads" or "tails." The facilitator then turns their web camera back on and reveals their selection.
4. All who matched the facilitator will proceed to the next round - yay! And individuals who did

not match will turn off their web camera to signal they're out.

5. Continue to play until you have one or two winners!

Adaptations:

Stand/Squat: Participants' heads disappear either above or below the camera.

Bunny/Moose: Floppy hands in front of you like rabbit paws versus hands up above head like antlers, or your school mascot and another animal/pose.

No-Video Option: You can play this game with a 'reaction' button instead (i.e., using Zoom's reaction button, participants reveal by selecting the clapping emoji versus thumbs-up emoji).

PICTIONARY

Time: 10-15 minutes

Group Size: Any

Tech: Breakout rooms, Jamboard/Zoom annotate, participant rename

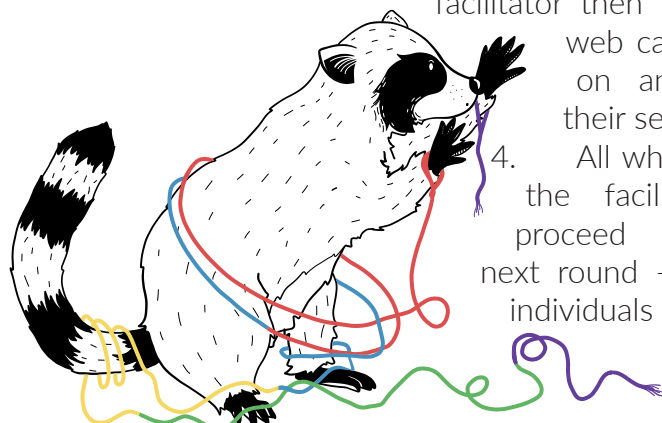
Participant Supplies: Computer and web camera

Facilitator Supplies: List of prompts, computer and web camera

Overview: A digital version of classic Pictionary where one artist draws per round while the remaining participants guess the image to earn points.

Directions:

1. Prepare a list of prompts for participants to draw. Select a word or phrase for the first artist to draw. If you are having trouble selecting a word or phrase, use this [Pictionary Word Generator](#) resource.
2. Select the first volunteer artist and privately message the Pictionary prompts. The artist will have two minutes to draw as many prompts as possible before the next artist is selected.
3. The artist may draw their prompt in thick marker on a pad of paper, or use a digital whiteboard or Jamboard to draw the image digitally.
4. Ask the remaining participants to enter their guesses in the group chat window.
5. Give each artist two minutes to draw. As soon as the first prompt is guessed by a member of the audience, they earn a point and the artist begins



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to draw the next prompt until their time is up.

6. Select a new player to be the artist while the facilitator keeps track of the points.
7. Continue to play as desired, or until everyone who would like to be the artist has done so, with the primary goal being laughter and participation rather than diligent focus on competition or outcomes.

QUICK CHANGE

Time: 15 minutes

Group Size: Small, Medium

Tech: Breakout rooms

Participant Supplies: Computer and web camera

Facilitator Supplies: Computer and web camera

Overview: In pairs or triads, participants will change three things about their physical appearance or video background and then race to identify the changes that their partner(s) made.

Directions:

1. The facilitator will assign all participants into groups of about three or four.
2. Give participants a moment to look at the partner's appearance and surroundings. Keep it brief to keep the embarrassment and weirdness factor down.
 - It may be helpful for partners to "pin" their partner's video.
3. Instruct everyone to stop their videos and change three things in camera view within 30 seconds (Most will change their hair/hats, take off an accessory, add glasses, etc. In an online setting, people may change their backgrounds as well.).
4. Give a 10 second and a 5 second warning before asking everyone to prepare to turn their videos back on one-by-one.
5. As each participant turns their camera back on, have others look to see if they can identify the changes that have taken place.
 - Players should then reveal what three changes were made if they were not identified.
6. The facilitator can transition out of the game using the following teaching point:
 - "We just played this goofy game trying to notice changes and differences in one

another. Remember, a powerful part of your role as Peer Leaders is having the capacity to notice, name, and encourage the positive and healthy changes that you see in others."

Adaptations:

The facilitator allows everyone to notice their Zoom Room in presenter mode, and then turns off their camera to change 3-10 things. Invite the whole group to chat in as many items as they notice have changed.

ROLLERCOASTER OR

"YES, PLEASE; NO, THANK YOU"

Time: 3-5 minutes

Group Size: Any

Tech: None

Participant Supplies: Computer and web camera

Facilitator Supplies: Computer and web camera

Overview: An easy get to know you game of either/or choices. Invite participants to express their "Yes, Please" or "No, Thank You" opinions about lighthearted topics.

Directions:

1. Introduce the game by explaining that you are going to bring up a series of topics so participants can indicate a simple "Yes, Please" or "No, Thank You." Participants will raise their hands up in a goal post to indicate "Yes, Please" or cross their arms across in the air to show "No, Thank You."
2. Show the participants these moves and have them practice with an example: Rollercoasters? "Yes, Please" or "No, Thank You"?!
3. Run quickly through 10-15 silly prompts. This should bring up a few giggles!
4. As a facilitator, you are not necessarily weighing in. There is no right or wrong. Don't choose a topic that is political or alienating.
5. [Here are a few that make us giggle!](#)

YA MUTED

Time: 5-15 minutes

Group Size: Medium, Large

Tech: Breakout rooms, participant rename

Participant Supplies: Computer and web camera

Facilitator Supplies: Computer and web camera

Overview: Participants will be divided into teams where one teammate will perform an assigned song while muted. The first team to guess the song wins!

Directions:

1. Create a list of common songs that will likely be familiar to your participants.
 - Try simple songs like "Happy Birthday," nursery rhymes, or classic favorites like Don McLean's, "American Pie". [Here are some of our favorites!](#)
2. If possible, create breakout rooms to automatically assign participants into four or five teams.
3. Instruct participants to create a team name and choose a performer for the competition. Have teammates rename themselves to their team name and ask performers to name themselves "Performer - Team Name."
4. Bring all participants back to the main room and privately chat the performers the name of the song they are to "perform" on mute.
 - Optionally, privately chat performers a link to a google doc with a list of songs they will be performing.
5. Ready, Set, Lip Sync!
6. The first team to correctly guess the song wins the round.
 - For larger groups, utilize the chat function to keep track of the winning guess.
7. Allow participants to submit song suggestions. Change up your performers. Play as many rounds as you want!

PTERODACTYL

Time: 5-10 minutes

Group Size: Any

Tech: None

Participant Supplies: Computer and web camera

Facilitator Supplies: Computer and web camera

Overview: Get silly and get loud by passing the word

"PTERODACTYL!" verbally from player to player without showing one's teeth.

Directions:

1. Tell everyone to cover their teeth with their lips (think of dentures), and to lift their arms and bend their wrists in front of their chests (like dinosaur arms). If anyone shows their teeth or drops their hands, they are out.
2. Instruct participants to "pass" the word "PTERODACTYL!" to another individual of their choice, one at a time, by screeching "PTERODACTYL!" and saying the name of the individual they are passing it to. Example: "PTERODACTYL, Timmy!" Think of it like passing a ball.
3. When "PTERODACTYL" is passed to a player, they may either pass it to another player by screeching "PTERODACTYL," followed by the other player's name, or they may reverse it by screeching "CAW!" This sends it back to the previous player, who must then pass it to another individual.
4. Players are eliminated if they show their teeth or if they drop their arms. Eliminated players must turn off their cameras.
5. Players will continue to drop out until a single player remains.
 - If you have some talented actors that are not getting out, feel free to give a one-minute warning before you end the game.

Variations:

Participants are cars "VROOMING" in one direction and "HONKING" to reverse.

SOCIAL DISDANCE PARTY

Time: 10-15 minutes

Group Size: Medium

Tech: Music, breakout room

Participant Supplies: Computer and web camera

Facilitator Supplies: Computer, web camera, and a playlist of fun songs

Overview: Get your group up and moving in a follow-the-leader style game over movement and laughter.

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Directions:

1. Have participants scoot back from the camera (optionally standing), and get ready to dance!
2. Ask for a volunteer to become the Guesser. They will mute their audio/video, or be placed in the waiting room while another participant is selected as DisDance Leader, and eventually return to the room and guess who the DisDance Leader is.
3. While the Guesser is gone, ask for a volunteer to be the DisDance Leader. The DisDance Leader will move and everyone else will mimic their moves. Perhaps wave their arms back and forth for 10 seconds and then shake a tail feather for 20 seconds. The goal is to get everyone dancing the same moves, and eventually the DisDance Leader can sneakily change their dance moves.
4. Wait for all participants to start dancing before inviting the Guesser back to the screen. The Guesser will return to their device and try to guess who the DisDance Leader is. They will get three guesses or 90 seconds: whichever happens first!
 - **Note:** Mute all participants' microphones except the Facilitator and the Guesser and play the music at half volume.
5. When the original Guesser guesses the DisDance Leader correctly or runs out of time, the DisDance Leader becomes the next Guesser.
 - **Hint:** The DisDance Leader will have to transition their moves creatively since everyone is visible on the screen at once.

ZOOM SCAVENGER HUNT

Time: 5-10 minutes

Group Size: Any

Tech: Slide share or chat

Participant Supplies: Computer and web camera

Facilitator Supplies: List of Scavenger Hunt Items

Overview: Players run around their office/household collecting random items as fast as possible.

Directions:

1. Prepare a list of items ahead of time for participants to find during the game.
 - **Example:** A beverage, stuffed animal, something metallic, gaming controller, shoelace, something smelly, a plant, lightbulb, pillow, sweater, magnet, marker, something reflective, something cold, etc.
2. Give everyone the total list of items, and instruct them to collect as many as they can within a certain amount of time.
3. Whoever can gather the most items WINS!

Adaptations:

Share a shorter list of items (about three) and announce that the first X number of individuals returning with the items will move on to the next round, and so on.

Show and Tell: Don't time the activity, simply invite people to gather items that meet the criteria (personal, silly, challenging, Sources of Strength specific, etc.)